

What is PSHE Education?

PSHE is an umbrella term for a whole range of different education topics that are grouped under the headings Personal, Social, Health, and Economic Education. These topics include themes such as personal finances, drugs and alcohol awareness, mental health and wellbeing, careers, online safety, and relationships and sex education (RSE)

PSHE provides children and young people with the skills and knowledge they need to live healthy lives in an ever-changing and diverse society.

How can I support my child's PSHE Education?

- Allowing your child to talk about PSHE topics at home can be a really good way for them to explore and contextualise some of the content.
- If you have time, research some of the areas you know are coming up in your child's PSHE programme, and anticipate any awkward questions.
- Be honest if you don't know the answer to a question. However, you can listen to your child and explore these areas further together.
- Sensitive conversations can be easier to have if you are not facing each other directly, so whilst driving or walking, for example.
- Ask open questions. For example, how is your friendship group at the moment?
- Listen and try not to lecture. They will ask for advice when they want it.

The PSHE programme at Blue Coat School

Pupils in years 7-10 have fortnightly PSHE lessons. PSHE classes are taken by a dedicated PSHE teacher to facilitate respectful and responsible discussions in an inclusive atmosphere.

Pupils in year 11 have 12 hours of PSHE delivered by their RE teachers.

Pupils in the sixth form have fortnightly PSHE assemblies and a dedicated MS teams PSHE channel with lessons and guidance.

You can view the PSHE curriculum and guidance (including RSE policy) on the school website here: <https://bluecoatschool.com/pshe/>

As a parent or carer, you play a crucial role in supporting your children's learning in PSHE. Please see below for further guidance and information

The DfE has published a useful list of FAQs for parents on the RSE/Relationships Education requirements, and two guides on Relationships Education, RSE and Health Education.

You can read it here: <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

Brook is a great website for advice and support for many PSHE topics.
Brook website: <https://www.brook.org.uk/>



PSHE topics – Autumn 2

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Developing skills and aspirations • Future careers. • Teamwork and enterprising skills. • Goals for the future and how to set goals.	Community and careers • Types of employment. • Employment law and discrimination (including protected characteristics). • Goals for the future and how to handle career limitations.	Setting goals • Career options and qualification pathways. • Problem solving and decision making skills. • How to make good decisions when choosing GCSE options.	Financial decision making • Budgeting and saving. • Impact of debt (including overdrafts, credit cards, and payday loans). • Gambling (delivered by external provider Gambling Harm). • Cyber crime.	Communication in relationships • Communication in relationships, including consent. • Contraception and STIs. • Families, marriage, pregnancy, and abortion.	Readiness for work • Career opportunities. • Post 18 options. • Preparing for the world of work (including positive and professional online presence).	Next steps • Post 18 options. • Preparing for the world of work (including positive and professional online presence). • Job application process.

Websites for further information and support

Help with searching careers: https://nationalcareers.service.gov.uk/ Goal setting: https://biglifejournal.co.uk/blogs/blog/guide-effective-goal-setting-teens-template-worksheet	Help with searching careers: https://nationalcareers.service.gov.uk/ Employment law: https://www.acas.org.uk/young-workers-apprentices-and-work-experience Stereotypes: https://www.bewhateyouwant.org.uk/	Help with choosing GCSE options: https://www.bbc.co.uk/bitesize/articles/zdswf4j Decision making: https://www.verywellfamily.com/steps-to-good-decision-making-skills-for-teens-2609104	Budgeting and financial resources: https://www.young-enterprise.org.uk/teachers-hub/financial-education/resources Gambling: https://www.begambleaware.org/helpin-g-young-person	Relationships - https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/health-y-relationships/ Sexual health - https://www.yoursexualhealthmatters.org.uk/further-sexual-health-support/parents	Help with searching careers: https://nationalcareers.service.gov.uk/ Having a positive online presence: https://blog.hubspot.com/marketing/online-presence	Help with searching careers: https://nationalcareers.service.gov.uk/ Having a positive online presence: https://blog.hubspot.com/marketing/online-presence
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Memorable experiences Autumn 1



In September, students took part in the World Afro Day Guinness World Record attempt. Students celebrated hair, heritage, and the move towards hair equality together by wearing their Afro Flowers.



Year 7 students spent time in the RE department learning about Rosh Hashanah in September, the Jewish New Year.

They enjoyed listening to celebratory songs and took part in the tradition of dipping apples in honey - a symbolic gesture asking for a sweet year ahead.

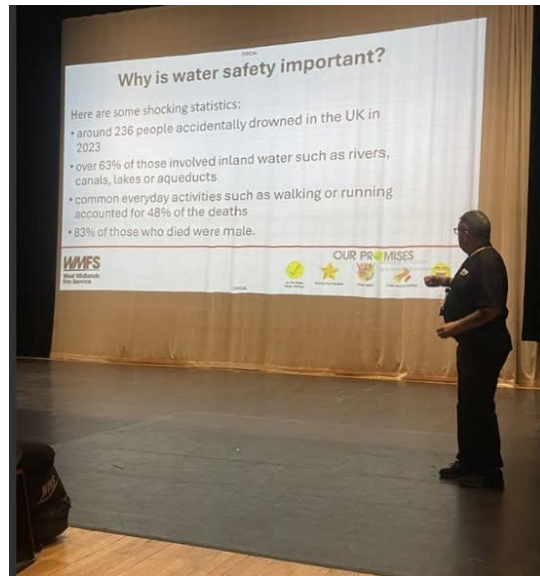


In September we hosted 'Unbelievable?', the international radio and podcast show.

The show was hosted by Andy Kind and featured a live debate between Professor Alex Carter, Cambridge University and Dr Zachary Arden, Sanger Institute, Cambridge, debating the topic: "The Nature of Belief: What is it and is it reasonable?"

Following the debate, students had the opportunity to engage directly with the speakers in a Q&A, encouraging critical thinking, confidence, and deeper engagement with big questions.

Memorable experiences Autumn 1



Year 7 students took part in an informative assembly on water safety, delivered by the West Midlands Fire Service as part of their PSHE programme.

Online Learning Event

HATE CRIME AWARENESS WEEK 2025

We will be joined by Lauren Keiles, founder of Swipe Left on Hate, a UN backed social media campaign tackling hate speech, and Louis Trup, a former Captain in the British Army. Louis has worked as a peacekeeper for the UN and with charities on countering hate speech.

RE students took part in a live event with the Anne Frank Trust for Hate Crime Awareness Week. They reflected on the power of kindness, courage and standing up to prejudice — learning how every voice can make a difference.

BLACK HISTORY MONTH 2025

Standing Firm in Power and Pride

OCTOBER 2025

Black history month creative piece competition on the theme of 'Standing Firm in Pride and Power'

Black history month display in the RE corridor

Year 12 and 13 PSHE assembly and RE session

BIG live assembly during tutor time

Black History Month whole school performance

Lunch time Black History Month film – Hidden Figures

Sixth form film night – Selma

The Anne Frank Trust online learning event – October 7 in RE and PSHE lessons

Special Black History Month assembly with Krystian McInnis

"Living life in all it's fullness"



Blue Coat
Church of England School
& Music College

Great
Big Live
Assembly

A national school assembly
to celebrate

BLACK
HISTORY
MONTH



Students took part in The Great Big Live Assembly during tutor time — a powerful broadcast from the Sanctuary Foundation to celebrate Black History Month. It was an inspiring opportunity for our school community to reflect on history, identity, and inclusion together.

Diwali and Bandi Chhor Divas

Diwali – Oct 20
Bandi Chhor Divas – Oct 21

Special interfaith video: Hindu and Sikh dialogue about both festivals – shown in tutor time.

Celebratory food : Besan, Diwali biscuits, and onion bhaji making.

Indian tea with a select group of year 8 and 9 students.

Postcards home for students and staff celebrating.

Diya lamp display in Welby.

Henna designs – in Welby afterschool.

“Living life in all it’s fullness”



Blue Coat
Church of England School
& Music College



Students celebrated Diwali and Bandi Chhor Divas through a vibrant cooking session — making Besan, Diwali biscuits, onion bhajis, and Indian tea. A brilliant way to experience culture, tradition, and togetherness!

